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EUGENE WEEKLY

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Be Well!

*Spinning, working out and not
getting hurt in the annual
Health and Fitness issue*

Racism in Eugene | Fuel tank farm | Opera in the house
Page 3 Page 4 Page 12

Illustration by McKenzie Young-Roy

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contents

JANUARY 30-FEBRUARY 6, 2025

- 2 Letters
- 3 News
- 3 Slant
- 5 Health and Fitness
- 8 Calendar
- 12 Opera
- 12 Classifieds
- 14 Savage Love
- 15 Astrology

who to blame

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OPINION

letters

From the Mims Family to Housing

The Legacy of the Mims Family

Thanks to G. B. Lawrence for reminding and informing readers of the critical part the Mims family played in accommodating not only Black University of Oregon athletes but a succession of traveling non-white artists, entertainers and speakers during a period of racial segregation and exclusion ("Helping Preserve A Legacy," EW, 1/16).

In 1980 I worked for Housing and Community Conservation (HCC), whose purpose was to provide low-interest loans to bring deficient housing up to code. We expected one loan to serve as a catalyst for others, and to a large extent that occurred, especially in the east butte area where the Mims property is located.

The affordable, federally funded loan on which I worked with the Mims family as a housing inspector literally provided the foundation and structure that helped preserve the architectural and cultural integrity and significance of both houses on the site. Many of the homes in east butte, and elsewhere in Eugene as well, were restored, directly or indirectly, with HCC loans.

Sadly, funding for the agency dried up in the early 1980s, but its legacy lives on, largely unrecognized, in housing throughout Eugene's historic communities.

Robert Emmons
Fall Creek

An Idea for Punishment

"Baxter-Krause also faces up to two years in federal prison" (EW online, 1/22).

If corporate polluters were sentenced to a prison in a cancer alley, would their defense lawyers protest cruel and unusual punishment?

David Hoffman
Eugene

The Hidden Costs of Housing

The viewpoint — "Strengthening Democracy" by Diana Bilovsky (EW, 1/16) — misses key points of unaffordable housing.

Often ignored housing costs include excessive costs to buy or sell a home of 6 percent due to collusion and price fixing in the real estate industry. The 6 percent adds zero value to a home and is around 2 percent in Europe. If a person sells then buys, that is a cost of 12 percent.

Big government expenses of excessive property taxes, building permit fees, costs of sewer and storm water as well as corruption in politics make home ownership unaffordable for many.

The solution is to reduce the size of our wasteful, inefficient big government funded by the above taxes and fees by ending the city manager type government and replacing it with a business with a board of directors voted on by taxpayers, similar to EWEB. We can achieve much

greater services with much less cost with a business-oriented organization, and allow competition from other sectors in the private industry. Due to lack of competition and forced use of our bloated government and entrenched bureaucrats, we will not get anywhere until major changes are made.

And get politicians to allow a maximum of 2 percent real estate commissions and costs.

Gary Cook
Eugene

Choking on Emissions

I think it's time that Eugene started emissions controls on all vehicles. The air here has gotten worse. What would it take to institute this?

Randi Briscoe
Eugene

A Decision in Poor Taste

The recent actions of the Eugene 4J school board regarding our current principal Nain Muñoz and his resignation has sparked some heated discussions in the community and has reminded people of past events where 4J has also not had the community in mind.

As a 12th grader at NEHS, I personally am not too surprised they chose not to reconsider his resignation because in my 12 years attending school in this district, they've never really impressed me with the choices they make.

Regardless of my personal opinion, though, it is a little shocking that they would make this decision considering the uproar from staff and students retelling stories and sharing how he's the best administrator our school has had in a long time, but also because that just leaves yet another school in our already understaffed district without a principal.

Unfortunately, 4J is known for making poor decisions regarding its students. For example, all the false promises they made regarding Japanese immersion school Yujin Gakuen and their building. In short, 4J promised them the old North Eugene High School building, but in the end they were pushed to a bunch of portables in the south hills.

In conclusion regarding our principal, I think 4J needs to open its eyes and realize leaving yet another school without a very loved administrator is just poor taste.

Emily Harness
Eugene

Railyard Concerns

Union Pacific, a Class I railroad that currently owns/operates the railyard and tracks in Eugene, has filed for approval to lease this yard to Central Oregon and Pacific Railroad (COPR), a Class III operation.

Union Pacific's Transportation Division union members expressed concern about this transition, and opposed the lease as it will impact the quality of maintenance of the railroad. Union Pacific employs highly skilled union workers, whereas COPR is not held to this same standard.

UP railroad employees handle railcars full of toxic materials on a daily basis. Union Pacific has also been responsible for ongoing groundwater cleanup efforts in Eugene for many years.

COPR's mismanagement of the Coos Bay branch line shows a pattern of fail-

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ure to maintain infrastructure and safeguard communities. A Class III railroad like CORP lacks the financial resources to prevent or respond to a disaster, leaving taxpayers to bear the costs and health risks. This is not acceptable!

Will the non-union CORP management take on the responsibility of protecting their employees, and Eugene's citizen's water and soil, or will they abandon these

critical environmental protections like they did in Coos Bay, a much smaller operation?

It is critical that Class I standards be upheld at this railyard! This lease is dangerous. We must prioritize public health and safety while preventing future disasters and contamination in the middle of our city!

Robin Bloomgarden
Eugene

Local & Vocal Viewpoint by Rene Gonzalez

NOT AN ISOLATED INCIDENT

Racism in Eugene after the inauguration of Donald Trump

Growing up in Eugene, I always felt proud of the open-minded and inclusive community that welcomed me. The sense of belonging and support was palpable when my family and I first moved here from Mexico in 2015.

However, after living in Louisiana for three years and then returning to Eugene, I've found myself in disbelief that such open racism is now present in our community today. It's hard to reconcile this Eugene with the place I remember, a city that I thought was far beyond this kind of hate and ignorance.

I usually try to avoid the topic of politics, but things have reached a point where I can't stay quiet anymore. I've been holding this in for a while, but seeing how things have been progressing, I feel like I have to speak out.

The day after Donald Trump took office, I had experiences at the coffee shop I work at — all in one day — that stuck with me, and I'm not sure it would have happened the same way before his election. It was a series of comments and interactions, but they all felt like a gut punch.

I had a customer tell me to "go back to Mexico."

Another mockingly called me "*mucha-cho*." Then another pointed at the "*bienvenidos*" pin on my apron and asked me why I was wearing it, as if my identity was up for debate. But the worst part? The customer who asked me where I was from, and when I said "Tijuana," he told me my English was "too good" for that to be true. Then, he tipped me 75 cents and

said it was for me to "go back to Tijuana."

It was like he was giving me permission to be a second-class citizen, as if I didn't belong here.

And it didn't stop there. Another customer, a regular, refused to have me make her drink simply because of my background, and a group of teenagers mocked me in front of my face, smirking and saying "*gracias*" as if it was some kind of joke.

This isn't just some isolated incident. It's the reality for a lot of us, especially those of us who are trying to live and work in this country. This is how people are acting, and it's being given a pass. These aren't just random strangers — these are people who I know, who I interact with regularly and who, in some way, are connected to everyone reading. That's what's so disheartening.

This isn't just about me. This is about my family, my friends and people who look like me — because if I'm treated like this, it's only a matter of time before it impacts someone else you know. I live with the fear that one day, my parents could be taken away from me. That fear is real.

I've always tried to stay out of the political discourse, but I can't ignore it anymore. When this kind of hate and discrimination is allowed to fester, it's not just affecting me, it's affecting all of us. It's a reminder that silence in the face of injustice is part of the problem. So I'm speaking up, because this matters — for me, for my family and for the people who may not have a voice.

Please, don't let this be the new normal. Let's not forget that we're all human, and we all deserve respect and dignity.

Rene Gonzalez is from Tijuana, Mexico, grew up in Eugene and recently moved back to Oregon after three years in Louisiana.

slant still Free

BY EW EDITORIAL STAFF

>> **It's Groundhog Day on Sunday, Feb. 2, and Donald Trump's nonstop executive orders have been giving us that "This again?" feeling every morning.** We were impressed by the community members who gave heartfelt public comments at the Jan. 28 Lane County Board of Commissioners meeting in response to Trump's attacks on trans people. We applaud Commission Laurie Trieger's response — she said, "Sometimes decorum is one of the most powerful tools of oppression, and it is not always OK to comply. And this is one of those times." She calls this moment in our country's history, "uniquely dangerous." Board Chair David Loveall, on the other hand — WTF dude? Women, immigrants, trans and queer folks and their supporters told of their fears, and while he started off well, thanking the commenters, he moved onto things like, "Our president only indicates that he is reading his Bible as he should." Find a link to the meeting at EugeneWeekly.com.

>> **You can also find on EugeneWeekly.com (with no paywall or login)** a review of the Eugene Symphony performance with music director candidate and conductor Tania Miller, and Bricks \$ Mortar columnist Christian Wihtol with the breaking news last week on J.H. Baxter & Co. and its president, Georgia Baxter-Krause, pleading guilty Jan. 22 to federal criminal charges of illegally boiling off hazardous waste into the atmosphere at the company's now-defunct Eugene plant and lying about it to regulators. There's also an interview with Commissioner Laurie Trieger — it's one of several swan song pieces by now-former reporter Bentley Freeman who has moved into an ad sales position here at the Weekly.

>> **Speaking of transitions — and the ad sales that keep this commie rag afloat** — Eugene Weekly welcomes Dave Newman as our new advertising manager. Cuchulain Kelly (who somehow managed to sell ads and enter NPR's Tiny Desk Concert

contest multiple times) will be heading to the East Coast. Those who know him from Eugene's music scene can follow him at CuchulainKelly.com. Newman has an extensive background in news and media (and not gonna lie, cannabis journalism) and has hit the ground running. You can hit him up at Dave@EugeneWeekly.com or give him a call at 541-484-0519.

>> **City Club of Eugene is meeting at the University of Oregon Many Nations Longhouse at noon Friday, Jan. 31 for its forum, "Preparing the Next Generation of Indigenous Leaders."** Three current Indigenous leaders will speak: Jason Younker, chief of the Coquille Tribe; Christina Thomas, member of the Confederated Tribes of Warm Springs and the the 2024-2025 cultural ambassador at UO; and Te'E Philips Brown, member of the Pauma Band of Mission Indians and the 2024-2025 Mr. Indigenous at UO. The three will speak about tribal governance and the opportunities UO offers for students to participate in and assume leadership positions on campus.

>> **Hey you book lovers! Literary Arts announced the finalists for the 2025 Oregon Book Awards.** Among the finalists for the Ken Kesey Award For Fiction is Miriam Gershow of Eugene for *Survival Tips: Stories* (Propeller Books) and Charlie J. Stephens of Port Orford for *A Wounded Deer Leaps Highest* (Torrey House Press). Finalists for the Frances Fuller Victor Award For General Nonfiction include University of Oregon professor Courtney Thorsson for *The Sisterhood: How a Network of Black Women Writers Changed American Culture* (Columbia University Press), and in the running for Sarah Winnemucca Award For Creative Nonfiction is Jaclyn Moyer of Corvallis for *On Gold Hill: A Personal History of Wheat, Farming, and Family, from Punjab to California* (Beacon Press). The winners will be announced April 28 at the 2025 Oregon Book Awards Ceremony.



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- 6 **Healthy Assessments** - assist schools in completing mandatory fitness assessments for all.
- 7 **Healthy Moves in the Community** - give families opportunities to stay active outside the classroom.
- 8 **Digital Curriculum** - Educational Fitness Videos for teachers & parents who teach distance learning in schools and small spaces.
- 9 **Online Classes** - Looking for online educational fitness/PE classes for kids? Contact Denise to find out more about our 30-40 minute classes offered weekly this fall.

RON BUSS 1958-2024

*A muscle car aficionado,
newspaper editor and
music lover who never
knew a stranger.*

BY SAVANNAH BROWN

RON BUSS WAS A *EUGENE WEEKLY HAPPENING*
PERSON IN 2014. Photo by Paul Neevel

Ronald “Ron” Allen Buss “made friends everywhere he went,” says his friend Sharon Poitra. With a heart of gold, a patient demeanor and a supreme sense of humor, Poitra says Buss was loved by everyone who knew him.

He lived on the streets of Eugene on-and-off for about eight years, before finding stable housing around 2020. He hung out in The Kiva Grocery’s parking and general downtown area, where he used to distribute his \$1 publication, *Our Streets of Eugene*. It shed light on Eugene’s homeless community through the written word, with poems, stories and experiences.

On Christmas morning 2024, Buss passed away peacefully at Valley West Health Care Center.

Buss was born the youngest of four siblings on Dec. 17, 1958 to parents John and Anne Buss in Tacoma. He was close with his older siblings, and because they lived out in the country, Vicki Sullivan, his only sister, said they would often be found playing baseball, catching frogs in the creek or getting into mischief together.

As a teenager, Buss was a mechanically minded, music-loving rebel. He loved shop class and history most, but those were some of the only classes he ended up going to. “He would go to school, then he’d step out the back door pretty quickly,” says his Eugene housemate Sylvia Gregory. “He would sign the letter from the school saying he wasn’t there, and forge his parents’ signature saying he was excused. Then he’d get back before they got home from work.”

Ever since he was a child, Sullivan says, “He loved as deeply as anyone could ever love.”

He played many instruments, including guitar, bass and drums, so much so that when he was a teenager his parents gave him the attic so he could play as loud as he wanted. He loved classic rock, and his favorite bands were The Rolling Stones and Nirvana. He passed on this love to his many nieces, giving them each different albums for birthdays and Christmas, and teaching them how to play music. “I’m a huge music person myself, now, because of my uncle,” says his niece, Tonja.

He was also a practical joker. When his nieces were little, “He’d tell us these scary stories, and then he would incorporate everything around him into the story at the perfect time,” Guizzetti-Clark says. From having a flashlight flicker behind his back, to having his friend bang on the window at just the right moment, “He would just petrify us,” Guizzetti-Clark says. “My Uncle Ronny was just the coolest person ever. He was our favorite.”

When he was in his late teens, he moved to Modesto, California. He worked for many years at a moving company with his brother. After he left the company, other jobs he worked included being a PepsiCo driver, a candy distributor and working at a container manufacturer. “I never knew him not to have a good, solid job and a nice muscle car. He always had some type of fast car,” Guizzetti-Clark says. After that, he returned to the moving industry and was making “\$100,000 a year” he told *Eugene Weekly* in 2014.

He married a woman named Diane in

1986 and together they had four kids. The couple divorced in 2008. After years of suffering many injuries through his various jobs, in 2011, Buss moved to Florence to be closer with his kids.

He ended up in Eugene living off of his disability check. Being faithful to his child support meant there wasn’t much money left over to pay rent, Gregory says. After a year of living off of his 401(k), he became unhoused, living on and off the street for about eight years. It was during this time that he met and got a job with David Gerber, who had a street paper focused on art and written pieces by Eugene’s homeless community called *Oregon Vagabond Motivator*.

Buss sold the paper from the Kiva parking lot until it stopped printing. In October 2013, he started up his own newspaper, *Our Streets of Eugene*, complete with a newsletter written by Buss himself. *Our Streets of Eugene* carried on OVM’s legacy. “He knew absolutely everything there was to know about what goes on downtown,” Gregory says. “He was so observant.”

“We all enjoyed talking to him because he’s an interesting guy, nice person, and easy to talk to,” says Gregory, speaking on behalf of the flock of ladies who frequented Kiva at the time and befriended him. Poitra, who knew him from distributing another local newspaper, confirms his popularity. “People tended to bring him things, and he would usually ask for milk instead of any kind of coffee or anything. On a really hot day, he would ask for a Coke.”

“It was very interesting to talk to when he wasn’t your run of the mill houseless person. He was an interesting stand up guy,” Gregory says. “He always dressed well, he was clean and didn’t do street drugs or anything like that. He didn’t drink, either. He just smoked. But that was it. If he had half a chance, he could have done anything he set his mind to.”

One cold January day in 2020, Gregory ran into him on the street, and he told her he had just gotten out of the hospital for the second time in three months. Aside from various injuries he acquired over his storied career in the moving and warehouse industries, he also suffered from chronic obstructive pulmonary disease. “I thought to myself, ‘He’s gonna die out here, if he doesn’t get housing,’” Gregory says. “And so I remodeled and made my basement habitable.”

He lived with her until October 2024, when his COPD, injuries and wounds got the best of him, and he was placed on hospice before eventually being moved to Valley West. He passed away on Christmas morning, leaving behind many people who loved him deeply. “Despite the fact that he’d been through hell and gone in his life, he tried his very best,” Gregory says. “I’m just really proud that he was our friend,” Poitra says.

He is preceded in death by his parents, John and Anne Buss, and his oldest brother, Gary Buss. He is survived by his sister and brother, Vicki Sullivan and Doug Buss, as well as many nieces and also Jeremy. He is also survived by his four children, Michael, Tracy, Steven and Vincent.

His memorial service was held Jan. 25, at the Eugene Mennonite Church.

NEWS

Bricks \$ Mortar BY CHRISTIAN WIHTOL

TRAINSONG ‘TANK FARM’

Gasoline storage tanks and distribution plant proposed for Bethel/Trainsong

BY CHRISTIAN WIHTOL

The Bethel and Trainsong residential neighborhoods can’t catch a break.

A major California-based gas station chain seeks to build a regional fuel distribution “tank farm” next to the Eugene Union Pacific rail yard, drawing objections from neighbors and other activists who fear environmental and other impacts.

The proposal’s fate lies with Eugene planning staff who will decide whether the city’s land use code allows such a facility on the property, which is zoned for heavy industry. The city doesn’t have a decision timeline.

In its application, H&S Energy of Orange, California, said its “bulk plant” or “tank farm” would have above or below-ground storage tanks holding fuel that would be distributed by tanker truck to gas stations and government and business customers.

Bethel and Trainsong area neighbors are alarmed. The proposal “must be stopped,” says Lin Woodrich, co-chair of the Active Bethel Community neighborhood group. Residents are lobbying the Eugene City Council, although planning staff said the decision is based strictly on the city’s land use code.

The proposal comes just as activists succeeded in beating back an attempt by another company to build a fuels transfer facility next to the rail yard. In that case, Texas-based USD Clean Fuels said it wanted to build a fuels facility on Bethel Drive, at the south end of the sprawling rail yard. USD wanted to transfer fuels from rail cars to tanker trucks for regional distribution. Following community protests, the city decided Eugene’s heavy-industrial zoning rules don’t allow that use.

SCANT INFO

Only a few details are available on the H&S proposal.

The facility would sit on a vacant seven-acre parcel at the end of pot-holed, unpaved Kintyre Street at the northern edge of the rail yard. The site is wedged between the rail yard and Highway 99.

It would receive fuels via rail, truck or pipeline, says the application. A major gasoline pipeline operated by the Kinder Morgan corporation has a terminal and large tank farm near the rail yard.

H&S has not yet designed the facility,

says Jennifer Doty, H&S senior director of real estate.

The project is “a sort of if, sort of maybe sort of thing,” Doty tells *Eugene Weekly*. “It may or may not happen.” H&S is looking at other sites around the state, she says.

H&S, with more than 50 gas stations in Oregon, likes the site’s proximity to I-5, she says. The company has not yet settled on price with the landowner, Doty says.

Among the groups in opposition is Beyond Toxics, the Eugene-based environmental nonprofit.

“Our main objection to this proposal is that, similar to the [USD Clean Fuels] transfer station, this tank farm does not belong in the middle of our city,” says Lisa Arkin, Beyond Toxics executive director.

The proposed site is in a largely industrial/commercial strip along the west side of the rail yard. But it is close to densely developed residential areas in the Bethel, Trainsong and River Road neighborhoods.

INDUSTRIAL ZONING

The site is zoned heavy industrial. That’s the same zoning as the land the city rejected for USD Clean Fuels.

The company late last year submitted a zone verification request to the city, a procedure that requires the planning staff to formally confirm whether a particular use is allowed. The city doesn’t have a decision timeline, says Jeff Gepper, the planner handling the request.

Eugene’s zoning code says the purpose of heavy industrial land is to “serve a range of manufacturing uses, including those involved in the processing of large volumes of raw materials into refined products and/or industrial uses that have significant external impacts.” Lighter industrial uses are also allowed.

The land is owned by a corporation controlled by members of the Cole family in Massachusetts and Eugene, according to ownership filings. They bought the land in 1997 for \$145,000, according to a deed. It is listed for sale by Campbell Commercial Real Estate of Eugene for \$2,295,000.

The site is currently occupied by a caretaker in an RV. A few hens and roosters roam through the trees.

Privately held H&S has been growing rapidly. It owns several hundred convenience stores and gas stations under various brands along the West Coast, according to its website. Last year, it bought California-based Andretti Petroleum Group, which had nearly 170 convenience stores, gas stations and other fuel outlets on the West Coast, according to news reports.

Bricks \$ Mortar is a column anchored by Christian Wihtol, who worked as an editor and writer at The Register-Guard in Eugene 1990-2018, much of the time focused on real estate, economic development and business. Reach him at Christian@EugeneWeekly.com.

EUGENE BARRE3 LOCATION OWNED BY JESSICA NEELY Photo courtesy Barre3

From Shed to Strength

Sadie Lincoln, daughter of a founder of *Eugene Weekly*, started Barre3, a fitness boutique with women's bodies in mind

BY EMILY ROGERS

In 1982 Elisabeth Lyman, Lucia McKelvey, Sonja Snyder, Lois Wadsworth and Bill Snyder founded *What's Happening* out of a small shed on Lincoln Street near Washington Park. The publication later became *Eugene Weekly*.

Sadie Lincoln, Sonja Snyder's daughter, at 10 years old watched her mother stay up until midnight creating the newspaper and she even contributed to it in the early days. "My mom had me draw pictures to fill up ad space because for their first issues there wasn't enough ads yet," Lincoln says.

In 2008, Lincoln went on to create her own unique business, Barre3, a fitness boutique with women's bodies in mind.

Created in Portland, Barre3's bright orange logo and natural lights are meant to be modeled after Eugene's gray skies as a beaming, lovely place to work out in all weather types.

"Community, connection, the value of being a local business I think is such the ethos of Eugene, and certainly my mom and my family," Lincoln says.

"It's really a third place for women," she says of Barre3, "we welcome everybody but it's designed around women and women's bodies, and I think that was missing most of fitness."

Lincoln began her love of group fitness during her time as an undergraduate at UCLA, taking and teaching classes at the

university's recreational center. However, despite her love for fitness classes she felt as though there was no place for people and their bodies to simply exist.

"We wanted to create a place where people could be honest and good in their bodies just as they are in the moment, and I think women need that so much because we're told every day through massive amounts of information that come our way that our bodies need to be shaped differently to be sexy, to be winning, to be achieving, to belong," Lincoln says.

Through the creation of Barre3 Lincoln has implemented science surrounding women's bodies to help them through inflection points throughout their lives.

Through her research, Lincoln has found that women have different physical needs when going through fertility challenges, pregnancy, perimenopause or menopause as well as menstruation cycles. "We really design our workouts around that so women feel supported in our studios and also connected," Lincoln says.

Lincoln focuses on how workouts make your body feel, instead of unattainable before and after ideals. "We cue people's bodies in different layers so that your mind and your awareness isn't jumping to a future ideal or going back and going 'oh I used to be able to do this,'" Lincoln says.

Barre3 is a franchise company, meaning that local owners use the brand, business model and knowledge for their studios. Jessica Neely, a Eugene Barre3 owner since 2012, was pregnant while going through her instructor training, allowing her to experience first hand the way in which Barre3 grows with women's bodies through pregnancy and postpartum.

"When I then finally did give birth to my son, my obstetrician commented that my labor was potentially a little easier because of all the core work that I had done," Neely says.

Prior to opening her Barre3 location, Neely hadn't lived in Eugene for very long, but her Barre3 community grew quickly. "Folks really loved the workout, and they told their friends, and more friends came, and our staff started to grow, and it became this amazing community," Neely says.

With the new year starting, people are trying new fitness plans. Lincoln advises those who are trying Barre3 for the first time that, "Usually the biggest friction point to starting something new is feeling like you're going to look like an idiot, but we're really good at making sure that with every new client we soften that worry right quick."

Eugene's Barre3 location is at 301 Oakway Road. It has classes 6 am to 6:45 pm Monday through Friday and 7:15 am to 4 pm Saturday and Sunday. To sign up for classes go to Online.barre3.com/studio-locations/eugene.

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Get Moving, Go Nowhere

Cycling and spin classes are a low-impact, high-cardio opportunity to get active

BY EMMA J NELSON

Running isn't the only form of cardio available to those in TrackTown USA.

Cycling, or spin, is a cardio exercise that has a low impact on your joints — unlike running — while still ensuring you get a solid workout in. Doing all that on a stationary bike removes the risk of icy roads and unaware drivers, too. Throw in a spin instructor, and now you're rolling.

Julie Kollmorgen, owner of StarCycle Eugene and franchisee of StarCycle, opened her studio in 2018. She grew up running track, she says, but grew to love cycling because it's "low impact but high cardio."

"You still get that endorphin rush, adrenaline rush, that you get when you run," Kollmorgen says. "As we age, honestly it hurts to run. I love running — big advo-

cate for it — but I can't do it like I used to. This has been my substitution."

Nearly as important as the impact on your body is the ambience in the studio, and StarCycle achieves a nearly meditative effect by keeping all screens from the room (sans the instructor's dimly lit monitor for music control) and lighting the studio with candles rather than LEDs.

Don't let the concept of a candlelit room make you think you won't be working hard.

Nate Boozer, studio manager of StarCycle Eugene and director of training with StarCycle, went from riding in StarCycle classes to teaching them and training new instructors.

One especially appealing aspect of StarCycle, Boozer says, is the lack of compe-

tition amid the students.

"We're technology free, so in the studio, we have no leaderboards," Boozer says. "There's no computers on the bikes telling you what RPMs you need to do. There's no competition, no cell phones."

The dim light also fights off competition. Just wait until the candles get blown out — you can't compete against your fellow cyclists if you can't even see them.

If you're not interested in cycling in the dark, check out the Eugene Family YMCA Don Stathos Campus instead. While in college, Danielle Ragan, a cycling instructor at the Eugene Family YMCA, was introduced to spin by her mother.

"Initially it was a really soft landing space for me," she says. "I was going through a lot of struggles at the time. So

it was a great opportunity to be physically active without having to move anywhere or think too much."

She fell in love with the classes, she says, and started teaching her own at the YMCA in January 2024.

While the cycle studio at the YMCA is brightly lit in comparison to the candlelight of StarCycle, Ragan still manages to tamp down the competitive spirit in other ways, such as teamwork. One may not expect to be working together on a stationary bike, but when Ragan divides the studio into teams, they're not competing — they're pushing each other.

"The highlight is when 'Team 2' cheers for 'Team 1,'" Ragan says. It's not uncommon for passersby to close the door of the cycle studio because the cheering gets too loud.

Spin classes are known for their messages of personal growth, empowerment and, frankly, getting through the day.

"You can go, and you can sit, and you're still working out," Ragan says. "You really can just focus on yourself and just be in tune with where you are at a given moment."

Visit StarCycleRide.com/Studios/Eugene-OR for more information on StarCycle classes. Find it at 535 High Street call 541-600-8860 or email Eugene@StarCycleRide.com Visit EugeneYMCA.org for more information on YMCA cycling classes or go to 600 E. 24th Avenue, 541-686-9622.



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Photo by Maksim Goncharov

‘No Pain, No Gain is a Terrible Thing to Live By’

Getting stronger and being aware of how your body moves will help prevent sports injuries

BY AMELIA WINKELMAN

To put it simply, injuries suck. It’s miserable to injure yourself doing something you love, and it’s infuriating to do it while exercising simply to take care of your body. Sports injuries are painful, inconvenient, frustrating, uncomfortable and another handful of negative adjectives, but they are also often avoidable.

Read on for advice from two physical therapists on preventing musculoskeletal injuries. Both emphasized that many

musculoskeletal (muscle, joint and ligament) injuries are related to a lack of muscular capacity and to moving improperly.

First, “As a general rule, people need to get stronger,” says Dr. Ryan Wiser, a provider at Tensegrity Physical Therapy in downtown Eugene.

The other major way to prevent and improve sports injuries is to improve the mechanics of how a person performs their sport, Wiser says. He says Tensegrity works

with patients on both aspects.

When starting a new activity, it is best to start slow, says Dr. Jammie Hoberg, a physical therapist and orthopedic certified specialist at PeaceHealth Sacred Heart Medical Center RiverBend.

“The most important thing to remember is that ‘no pain, no gain’ is a terrible thing to live by,” Hoberg says. “If something is hurting, then the person should stop.”

Working through pain makes injuries worse, she says.

“If you’re trying to build muscle, then you should get the burning discomfort within your muscles,” she says. “But if you’re having sharp pain, if it’s radiating anywhere else in your body, or if it doesn’t go away within a few days, that’s not healthy.”

Anyone who moves is at risk of musculoskeletal injuries, but repetitive movements like running, or even using a keyboard all day, can make these injuries more likely, Wiser says.

That means people who play sports like soccer and basketball can be more vulnerable to sports injuries because of the repetitive stress of accelerating, decelerating and cutting, Wiser says.

Good mechanics are also essential for preventing injury in the gym, he says. Working out on machines is generally safer than free weights because they keep the body in alignment, he continues. With weightlifting in general, you need to be mindful of your muscle capacity and only lift a little bit beyond it if you’re trying to get stronger, Wiser says.

People who are new to weightlifting can start by improving their muscular capacity on the machines and then move to free weights if they want to, Wiser says.

Many people have extremely weak hip muscles, he says, which contributes to a plethora of injuries, including low back, hip and knee pain. “One of the things we know is ankle sprains, for instance, which are very common, are highly, highly correlated with weakness in the hips,” Wiser says.

Most people’s hip muscles — which are technically their gluteal muscles — are so weak that they don’t even know how to engage them, Wiser says. “So we find compensatory movement, compensatory muscles to use,” he says. “For example,

we’ll use our hamstrings instead of our glutes to move our hips.”

Part of this weakness comes from sitting too much, which is very common in the demands of everyday life, Wiser says. Wiser recommends that people stretch the front of their hips, the hip flexors. They’re the only part of the body that is hard to over stretch.

There are exceptions to everything, but hamstrings and calves generally don’t need much stretching, depending on your sport, Wiser says. For sports that cause tissue strain, including ones that involve a lot of running, stretching after exercise puts further strain on the tissue, he says.

Avoid static stretches before exercise as well. Instead opt for dynamic movements that get blood moving and warm up your range of motion, Wiser says. Static stretches are holding the same position for a set amount of time.

Static stretching your body can expand its motion, but that’s not always a good thing, Wiser says. For example a runner who stretches their calves a lot may end up with more motion in their calves. They will likely use that extra motion when running and risk exceeding their capacity, he says.

Overall, be gentle on your body. Don’t overlook rest days, Hoberg says. The general rule is two days for each muscle group. After leg day, wait 48 hours before doing leg day again, she says.

“If you don’t give your body time to recover, then you’re, again, more likely to get an injury,” Hoberg says.



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JAN 27-MARCH 1

The indomitable human spirit is no lie. The Immigrant

Story is an Oregon-based nonprofit that tells the stories of immigrants and refugees who have come to the United States despite the odds stacked against them. *I Lived to Tell the World* — by author Elizabeth Mehren and co-published by the Oregon State University Press and The Immigrant Story — tells the stories of 13 individuals who survived atrocity and now live their lives in Oregon. Inspired by the book, OSU's Patricia Valian Reser Center for the Creative Arts (PRAx) is hosting a multimedia exhibit of the same name. The **I Lived to Tell the World exhibit**, which opened Jan. 27 and is available through March 1, showcases images by Portland photographer Jim Lommason of the items refugees took with them when fleeing their home, as well as the drawings, poems and letters they wrote on their journey. The exhibit also features three short documentaries that draw you away from the blunt statistics of genocide and into the individual impact human brutality has on people. On Feb. 1 at PRAx, The Immigrant Story is showcasing **I Lived to Tell the World Live**, a live storytelling performance. At 6 pm, you can meet author Mehren and purchase a signed copy of *I Lived to Tell the World* at the pre-show cocktail hour. The performance begins at 7 pm, and four people — Samir Mustafic from Bosnia, Emmanuel Turaturanye from Rwanda, Saron Khut from Cambodia and Rama Youssef from Syria — will tell their personal stories of surviving genocide. "By sharing my story, I hope to put a human face on the realities of war, displacement and survival," Youssef said in a press release. "These issues are often reduced to statistics, but behind every number is a life, a family, and a unique struggle." Following their stories, Shivani Joshi will take the stage, presenting traditional *ghazals* (bittersweet amatory poems with Arabic origins) and *qawwalis* (devotional music with Sufi Islamic origins) from South Asia. Joshi is joined by Joseph Harchanko on strings and Fiaindratovo Manavihare on percussion. — *Emma J Nelson*

The multimedia *I Lived to Tell the World* exhibit is available Jan. 27 through March 1 in the Thomas W. Toomey Lobby at PRAx, 470 Southwest 15th Street, Corvallis. FREE. *I Lived to Tell the World Live* is 7 pm Saturday, Feb. 1, at PRAx — the pre-show cocktail hour and book signing begins at 6 pm. \$5 for students, \$20 for general admission.



January 30

THURSDAY

Art/Craft

Steampunk Hat Workshop, 3:30-5:30pm, MECCA Non-profit, 555 High St. \$35.

Teens: Bead Friendship Bracelets, 4pm, Bethel Branch of Eugene Public Library, 1990 Echo Hollow Rd.

Civics

Kiwanis Meeting, noon, Countryside Pizza & Grill, 645 River Rd.

Film

Horrible Bingo: Event Horizon (1997), 7-9pm, Art House, 492 E. 13th Ave. \$10.

Gatherings

Co-Dependents Anonymous: Living the Dream, 7-8pm, Wellsprings Friends School, 3590 W. 18th Ave.

Kids/Family

Family Storytime, 10:15am, Bethel Branch of Eugene Public Library, 1990 Echo Hollow Rd.

Sensory Storytime, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Conflict & Chaos: Geopolitics in 2025, 6pm, Knight Law Ctr., rm. 175, 1515 Agate S.

Literary Arts

Writing Time, 2:30-5pm Jan. 30 & Feb. 6, Wordcrafters

Studio, 436 Charnelton St., ste. 100. \$5.

Music

Young Jim Carr, singer-songwriter, 7-9pm, beergarden, 777 W. 6th Ave.

Jack Radsliff Trio, 7:30-10pm, jazz, The Jazz Station, 124 W. Broadway. \$20.

Laurie Lewis & Sully Tuttle, 7:30-9:30pm, bluegrass, 7:30-9pm, Unity of the Valley, 3912 Dillard Rd. \$20.

Oasis Ensemble: Concert II — Beach, Beethoven & Kapustin, 7:30-9pm, Unity of the Valley, 3912 Dillard Rd. \$20.

DJ Mike Orbit, vinyl, 8pm, PLAY Eugene, 232 W. 5th St.

Funk Night Eugene, 9pm Jan. 30 & Feb. 6, Luckey's Club, 933 Olive St.

Nightlife

FWD Trivia, 7pm Jan. 30 & Feb. 6, Gratitude Brewing, 540 E. 8th Ave.

Karaoke w/ Crystal, 8pm Jan. 30 & Feb. 6, Happy Hours, 645 River Rd.

Outdoors/Recreation

Gentle Chair Yoga w/ Clark Stacer, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd. \$8.

January 31

FRIDAY

Art/Craft

Paint & Sip: Starry Reflections, 6:30-8:30pm, Art w/

Alejandro, 590 Pearl St., ste. 104. \$45.

Civics

Preparing the Next Generation of Indigenous Leaders, noon-1:15pm, UO Many Nations Longhouse, 1630 Columbia St.

Comedy

Rachel Feinstein, 7pm & 9:30pm, Olsen Run Comedy Club, 44 E. 7th Ave. \$25.

Kids/Family

Family Storytime, 10:15am, Sheldon Branch of Eugene Public Library, 1566 Coburg Rd.

Preschool Storytime, 10:30am, Downtown Eugene Public Library.

Twins: OBOB Trivia, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Djembe Drumming for Beginners, 3:30-4:30pm, Djembe Trading Post, 1740 W. 10th Ave. \$10.

Bill Sullivan: Eastern Oregon & the Willows, 6:15-8:45pm, Obsidian Lodge, 2250 E. 29th Ave.

Literary Arts

Books w/ Pals Book Club, 5:30-7pm, Books With Pictures Eugene, 296 E. 5th Ave., ste. 224.

Music

Swing Jam w/ Track Town Swing & Stomp Off Party, 6:30-8:30pm, Viking Brewing West, 520 Commercial St., unit F.

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SCHEDULE

Brenton Smith & the Establishment, jazz, 7-9pm, PublicHouse, 418 A St., Spfd.

Dorion May Trio, jazz, 7pm, Drop Bear Brewery, 2690 Willamette.

Glitzkrieg & Fire Priest-ess, glam metal, comedy, 7:30pm, 255 Madison, 255 Madison St. \$5.

Joanne Broh, Garry Meziere, Jon Brand, soul, blues, 7:30pm, Gratitude Brewing, 540 E. 8th Ave.

Keith Brown, jazz, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$25.

Marisa Frantz: The Wrecking Crew, '60s & '70s classics, 7:30pm, The Shedd, 868 High St. \$18-32.

Daddy Rabbit, '50s-'70s rock, 8-11:45pm, The Embers, 1811 State Hwy 99 N.

The Survivors, classic rock, 9pm-1am, Bugsy's Bar & Grill, 559 Ivy St., Junction City.

Nightlife

Trivia, 7-9pm, Local Losers Lounge, 85944 Highway 99 S.

Social Dance

Salsa & Bachata Night w/ Special Performances, 9pm-midnight, Vet's Club, 1620 Willamette. \$10.

Spiritual

Recovery Dharma Buddhist Recovery Meeting, 10-11:30am, Jesco Club, 340 Blair Blvd.

Theater

August: Osage County, 7:30-10pm, The Very Little Theatre, 2350 Hilyard St. \$21-26.

Into the Woods, 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$21-64.

Disco Circus Centerfolds: Burlesque Showcase, 8-11pm, Whiteside Theatre, 461 SW Madison Ave., Corvallis. \$10-15.

February 1

SATURDAY

Comedy

Andrew Rivers, 7pm, Whirled Pies, 199 W. 8th Ave. \$10-30.

Rachel Feinstein, 7pm & 9:30pm, Olsen Run Comedy Club, 44 E. 7th Ave. \$25.

Drag

Drag Bingo, 5-7pm, Sparrow & Serpent, 211 Washington St.

Abba-so-lutely Fabulous, 8-11pm, 255 Madison, 255 Madison St. \$10.

Vibrant! An All Black Drag Show & Celebration, 8-11pm, The Hybrid Gallery, 941 W. 3rd Ave. \$10.

Farmers Markets

Lane County Farmers Market, 10am-2pm, Lane County Farmers Market, 8th Ave & Oak St.

Festival

Fitness Expo & Health & Wellness Fair, 9am-noon, Wil-lamalane Adult Activity Ctr., 215 W. C St., Spfd.

Kids/Family

Builders & Makers, 3-5pm, Bethel Branch of Eugene Public Library, 1990 Echo Hollow Rd.

Lectures/Classes

21 Days to a Healthier You: Detoxify Your Life w/ Yaakov Levine, 11am-noon, Natural Grocers, 201 Coburg Rd.

Music

Park Avenue, jazz, 6-8pm, Oakshire Public House, 207 Madison St.

Cecilia Zabala, singer-song-writer, 7pm, House Concert, 70 E. Howard Ave. \$20.

Joshua Josué: Not Fade Away, Buddy Holly, Ritchie Valens & The Big Bopper tribute, 7pm, The Wildish Theater, 630 Main St., Spfd. \$20-30.

Rudolph Korv, singer-song-writer, 7-9pm, Arable Brew-ing Co., 510 Conger St.

Basin Street Band, jazz, 7:30pm, Gratitude Brewing, 540 E. 8th Ave.

Jonathan Corona & Will Glausi, jazz, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$20.

Daddy Rabbit, '50s-'70s rock, 8-11:45pm, The Embers, 1811 State Hwy 99 N.

Morrison Graves w/ Lucid Aisle, psych-rock, 8-11pm, Whiteside Theatre, 461 SW Madison Ave., Corvallis. \$10-15.

Nightlife

28 Days Of Black Kick Off, 5pm, Davis NW Smoke-house, 394 Blair Blvd.

Karaoke, 7-11pm, Local Los-ers Lounge, 85944 Highway 99 S.

Outdoors/Recreation

Vinyasa Yoga (bilingual), 9:45am, Downtown Eugene Public Library.

Feeling the LOVE w/ the Original Goat Yoga & Wine Happy Hour, 2-3:30pm, No Regrets Flower Farm & Animal Sanc-tuary, 26641 Bellfountain Rd., Monroe. \$45.

Social Dance

Age of Aquarius, 9pm, PLAY Eugene, 232 W. 5th St. \$5.

'90s vs. '00s Dance Party, 10pm-2am, Blairally, 245 Blair Blvd. \$6.

Spiritual

Full-day Meditation, 10am-4pm, The Ctr. for Sacred Sciences, 5440 Saratoga St.

River Wisdom Insight Member-led Meditation, 10:30am-noon, Unitarian Universalist Church, 1685 W. 13th Ave. FREE- \$10.

Theater

Auditions for NW 10-Minute Play Festival 2025, 10am, Oregon Contemporary The-atre, 194 W. Broadway.

August: Osage County, 7:30-10pm, The Very Little Theatre, 2350 Hilyard St. \$21-26.

Into the Woods, 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$21-64.

February 2

SUNDAY

Film

Outliers & Outlaws Screening, Q&A, 2-4 pm, 156 Straub Hall, 1451 Onyx St.

OCAN: Borderland, The Line Within, 4pm, Art House, 492 E. 13th Ave. \$10.

Gatherings

Sunday Gathering, 10:30-11:30am, The Center, 390 Vernal St.

Kids/Family

Family Fun w/ LEGO, 1-4:30pm, Downtown Eu-gene Public Library.

Literary Arts

Poetry in the Round, 12:30-2pm, Coburg Commons Bookstore, 91193 N. Wil-lamette, Coburg.

Writing Time, 6:30-9pm, Wordcrafters Studio, 436 Charnelton St., ste. 100. \$5.

Music

Marisa Frantz: The Wrecking Crew, 3pm, The Shedd, 868 High St. \$18-32.

Oasis Ensemble: Concert II – Beethoven, Beach & Kapustin, 3-4:30pm, The Jazz Station, 124 W. Broadway. \$25.

EastSide Sunday Jam, 5pm, Twisted River Saloon, 1444 Main St., Spfd.

Nightlife

Cribbage Tournament, 4pm, Gratitude Brewing, 540 E. 8th Ave. \$5.

Karaoke w/ Adam Stiles, 8pm, Happy Hours, 645 River Rd.

Outdoors/Recreation

Feeling the LOVE w/ the Original Goat Yoga, 2-3pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$38.

Spiritual

Selflessness & Humbleness, 10-11:30am, Baha'i Ctr. of Eugene, 1458 Alder St.

Emerald Valley Ctr. for Spiritual Living, 4pm, Hilyard Com-munity Ctr., 2580 Hilyard St. Don.

Theater

August: Osage County, 2-4:30pm, The Very Little Theatre, 2350 Hilyard St. \$21-26.

Into the Woods, 2pm, Actors Cabaret of Eugene, 996 Willamette.

February 3

MONDAY

Gatherings

Afternoon Chess, 4-6pm, PublicHouse, 418 A St., Spfd.

Lectures/Classes

It's Lit! Safe Bike Riding at Night, 3:30-5pm, Shift Com-munity Cycles, 811 W. 6th Ave.

Music

First Monday Night Big Band, 7-9:30pm, The Jazz Station, 124 W. Broadway. \$15.

Nightlife

Bingo w/ Ty Connor, 6:30pm, PublicHouse, 418 A St., Spfd.

Cribbage Night, 6:30-8:30pm, Coldfire Brewing Co., 263 Mill St.

Trivia, 7pm, PLAY Eugene, 232 W. 5th St.

Spiritual

Anytime Anywhere Meditation Workshop, 6-7:30pm, River Rd. Park & Recreation Dis-trict, 1400 Lake Dr. \$95.

February 4

TUESDAY

Art/Craft

Upcycled Art from Bicycles, 3:30-5pm, Shift Community Cycles, 811 W. 6th Ave.

Knit & Crochet Circle, 6pm, Sheldon Branch of Eugene Public Library, 1566 Coburg Rd.

Civics

Sign Up for Notary, 10:30am, Downtown Eugene Public Library.

Climate Cafe, 7pm, House Concert, 70 E. Howard Ave.

Gatherings

Death Cafe, 6-7:30pm, Man-dala Journey Work, 1973 Garden Ave.

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CALENDAR

Kids/Family

Tweens: Gamer Brains, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Fraud & Identity Theft Prevention, 10:30-11:45am, Campbell Community Ctr., 155 High St.

Tech Help, 2-3pm, Downtown Eugene Public Library.

Becoming Kin: An Indigenous Call to Unforgetting the Past & Reimagining Our Future, 4pm, Knight Library Browsing Rm., 1501 Kincaid St.

Talk Time: Practice Conversational English, 4:30pm,

Downtown Eugene Public Library.

Basic Bicycle Maintenance, 6-7:30pm, Shift Community Cycles, 811 W. 6th Ave.

Literary Arts

Writing Time, 9:30am-noon, Wordcrafters Studio, 436 Charnelton St., ste. 100. \$5.

TransPonder Book Club, 5-6pm. Email Info@TransPonder.Community for link.

Music

Open Jam, 6-10pm, Local Losers Lounge, 85944 Highway 99 S.

Rich Fisher, singer-song-writer, 6:30-9:30pm, Happy Hours, 645 River Rd.

Nightlife

Tacos & Trivia, 6-8pm, Tall-man Brewing, 2055 Primrose St., Lebanon.

Trivia Tuesday, 7-9pm, beer-garden, 777 W. 6th Ave.

Social Dance

Latin Dance w/ DJ Vito, 7pm, PLAY Eugene, 232 W. 5th St.

International Folk Dancing, 7:30-9:30pm, Friends Meeting, 2274 Onyx. \$5-10.

February 5

WEDNESDAY

Art/Craft

Make a Moon Phase Game, 5pm, Downtown Eugene Public Library.

Comedy

Dan Schmieding: Musical Comedy, 7pm, Gratitude Brewing, 540 E. 8th Ave.

Comic, Interrupted, 8:30pm, Cowfish, 62 W. Broadway. \$5-20.

Drag

Karaoke w/ KJ JudyJitsu, 8pm-midnight, 255 Madison, 255 Madison St.

Film

The Red Shoes (1948), 1-3:15pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd.

Groundhog Day (1993), 7-10pm, Whiteside Theatre, 461 SW Madison Ave., Corvallis. \$8-10.

Hellraiser (1987), 7:30pm, Art House, 492 E. 13th Ave. \$10.50-12.50.

"Survivor" S16 Watch Party, 7:30-10pm, PublicHouse, 418 A St., Spfd.

Gatherings

NAMI Connection, 6:30-8pm. Visit NAMILane.org for link.

Kids/Family

Create a Woven Butterfly, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Qigong Balance for Life, 10am, Eugene Garden Club, 1645 High St. FREE-\$20

Our Hidden Conversations: What Americans Really Think About Race & Identity, 3-5pm, Erb Memorial Union, Redwood Auditorium, 1395 University St.

Talk Time: Practice Conversational English, 4:30pm,

Downtown Eugene Public Library.

Music

K.C. Isaman, improv, 7-10pm, The Jazz Station, 124 W. Broadway. \$10.

Nightlife

Davey's Dungeon & Dragons, 6pm, PLAY Eugene, 232 W. 5th St.

Quality Trivia w/ Rob & Lorraine, 6-8:30pm, Hop Valley Brewing Co., 990 W. 1st Ave.

Cribbage Night, 6:30-8:30pm, The Bier Stein, 1591 Willamette. \$5.

Bingo Wednesday, 7-9pm, beergarden, 777 W. 6th Ave.

Trivia, 7pm, Drop Bear Brewery, 2690 Willamette.

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Outdoors/Recreation

Open Batting Cages, 4-8pm, PLAY Eugene, 232 W. 5th St.

Teens

Library Jams, 4:30pm, Downtown Eugene Public Library.

February 6
THURSDAY

Film

Hellraiser (1987), 7:30pm, Art House, 492 E. 13th Ave. \$10.50-12.50.

Gatherings

Hearing Voices & Different Realities Discussion & Support Group, 1-2:30pm, Trauma Healing Project, 631 E. 19th Ave., bldg. B.

GRASP: Grief Recovery After Substance Passing, 6:30-8:30pm, Unitarian Universalist Bldg, 1685 W. 13th Ave.

Kids/Family

NAMI Family Support Group, 7-8:30pm, NAMI Lane County, 129 9th St., Spfd.

FEB 2

It certainly wasn't easy for the older queer generation, says Courtney Hermann, a film instructor at Portland State University and director of the documentary **Outliers and Outlaws**. And yet, she adds, "They had joy. They had their lives." The nine narrators in the documentary are the pioneering lesbian women who settled in Eugene from the 1970s to the 1990s, leading the city to be referred to as the "lesbian mecca" during that period. The film — which has a free screening and a Q&A afterward Feb. 2 at the University of Oregon's Straub Hall — is another platform for the popular *Outliers and Outlaws: Stories from the Eugene Lesbian History Project* at the UO's Museum of Natural and Cultural History in 2023 as well as an award-winning digital humanities project with the same name from the Oral History Association in 2024. The nine women in the film, Hermann notes, "speak to certain parts of history. It's a further distillation." The documentary first showed at the invitation-only QDoc Film Festival in Portland in November 2024, then played seven times (with five showings sold out) at Portland's Cinema 21. Among the nine women spotlighted in the documentary is the late Sally Sheklow, who wrote the "Living Out" column for *Eugene Weekly* from 1999 to 2017. — Dan Buckwalter

Outliers and Outlaws screens 2 pm Sunday, Feb. 2, at room 156 at Straub Hall on the University of Oregon campus. A Q&A session with some of the film's participants and filmmaking crew follows. **FREE**. *Outliers and Outlaws* also plays 5 pm Friday, Feb. 28, and 5 pm Saturday, March 1, as well as 2 pm and 7 pm Sunday, March 2, at Art House, 492 East 13th Avenue. \$8-11.



Lectures/Classes

Empowered Caregiver: Building Foundations of Caregiving, 1-2pm, Eugene Family YMCA Don Stathos Campus, 600 E. 24th Ave.

Ester Partegàs: A Sun in my Pocket, 4pm, University

of Oregon Lawrence Hall, rm.115, 1190 Franklin Blvd.

Literary Arts

Prompt, noon-2pm, Wordcrafters Studio, 436 Char-nelton St., ste. 100. \$24.

Music

Flashvox, classic rock, blues, 7pm, Whirled Pies, 199 W. 8th Ave. \$10.

Oregon Wind Symphony: Enigma II, 7:30pm, Beall Concert Hall, 961 E. 18th Ave.

Southtowne Saints, Americana, 7:30-10pm, The Jazz Station, 124 W. Broadway. \$20.

DJ Okon•oyo, vinyl, 8pm, PLAY Eugene, 232 W. 5th St.

Nightlife

Nerd Nite, 7pm, Drop Bear Brewery, 2690 Willamette.

Theater

August: Osage County, 7:30-10pm, The Very Little Theatre, 2350 Hilyard St. \$21-26.

Outliers and Outlaws

A story of lesbian worldmakers

The Eugene premiere of the groundbreaking documentary



MUSIC

‘OPERA IS INSTRUMENTAL’ BRINGS OPERA TO LIFE FOR YOUNG MUSICIANS

Eugene Opera collaborates with Eugene-Springfield Youth Orchestras

BY KAT TABOR

The young violinist from South Eugene High School rises and leads the group in a warm-up. A single note resonates, commanding the room’s attention. As the sound unifies the group, Elysian Stroka takes her seat, allowing the conductor to step in. Stroka, the concertmaster of the Eugene-Springfield Youth Symphony, sets the tone for the ensemble.

On Jan. 21, at the Churchill High School Auditorium, Eugene Opera partnered with the Eugene-Springfield Youth Orchestras (ESYO) for the “Opera is Instrumental” program. This initiative offered the Youth Symphony a unique opportunity to rehearse with professional opera artists under the direction of Eugene Opera conductor Andrew Bisantz. Only the most advanced musicians, ranging from high school students to those up to 21 years old, are accepted into the Youth Symphony after rigorous auditions.

“This is my tenth year with the orchestra — I started in third grade in Little Symphony,” Stroka says. “I think it’s a very valuable experience to work with professional musicians because they can offer great advice and insight into what it means to play music professionally. It’s really interesting and rewarding to explore different types of music. We usually play classical pieces, so it’s always fun to try something different.”

Elmira High School senior Lucas Bower, a cellist with the Youth Symphony who relocated from Ashland for his senior year, reflects on his experience. “You’re treated at the baton like a professional when we work with the opera,” Bower says. “The conductor acts as if we were professional musicians, and it’s a really different feeling. Opera is my least understood musical landscape, so it’s fun to explore a less-known realm of music. For me, it’s a new perspective — I’ve never really analyzed opera the way I have with orchestral and symphonic works.”

This year, students rehearsed selections from Giuseppe Verdi’s *Rigoletto*, including the

Act 1 aria “*Caro nome*” and the Act 3 classic “*La donna è mobile*.” The Youth Symphony performed these pieces alongside Eugene Opera professional artists tenor Esteban Zuñiga-Calderon and soprano Véronique Filloux, both of whom are featured in Eugene Opera’s full production of *Rigoletto* Jan. 31 and Feb. 2.

Zuñiga-Calderon, originally from Costa Rica and a member of Eugene Opera since 2021, highlights the importance of outreach programs like this one. “Community outreach is incredible because you get to share this amazing piece of art with people who don’t always get to experience it,” he says. “Sometimes opera has a reputation for being only for older people, but it should be much more democratized. Events like this open doors.”

Filloux, from Redwood City, California, and a freelance opera performer, reflects on her debut with Eugene Opera. “Folks are sometimes brought in for specific roles, so this is my first time with Eugene Opera,” Filloux says. “I love working with younger people who are coming up in the world of music. Being part of the music community means being a professional collaborator. I remember how much mentors meant to me when I was younger, and I didn’t have programs like this. Opportunities like this teach students how to collaborate in new ways, which is so exciting.”

The program features a multi-step rehearsal process. ESYO’s Youth Symphony began by preparing condensed musical scores under the guidance of David Jacobs, a conductor from the University of Oregon’s School of Music and Dance. After rehearsing individually and as an ensemble, students worked with the opera’s conductor, Bisantz. Professional opera singers joined the final rehearsal, giving students an immersive introduction to the complexities of opera performance.

“We are incredibly fortunate to be part of a community that values the performing arts,” says Cynthia Stenger Riplinger, ESYO executive director. “This program gives our Youth Symphony musicians an invaluable opportunity to learn from Maestro Bisantz and perform alongside world-class soloists from Eugene Opera.”

Launched in 2020, Opera is Instrumental has become a cornerstone of Eugene Opera’s outreach initiatives. The program not only enhances the educational experience of young musicians but also strengthens bonds within the local arts community.

Eugene Opera’s full production of Verdi’s *Rigoletto* will take place at the Hult Center for the Performing Arts. Directed by Fenlon Lamb and conducted by Bisantz, the production features the Eugene Opera Orchestra and a talented cast, including Grant Youngblood as Rigoletto, Filloux as Gilda and Bernard Holcomb as the Duke of Mantua.

Tickets for Rigoletto start at \$36 and are available through the Hult Center for the Performing Arts at HultCenter.org. For more details about Eugene Opera’s programs, visit EugeneOpera.org.

classifieds

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BULLETIN BOARD

Groups

George Floyd was murdered, and the nation saw its greatest social-action uprising since the 1960s. But then... not much really changed! Why? And, what to do now, in the battle against racism, that will indeed make a difference? We're a small group of White people who are working on those questions. That's why we're reading and discussing the book, How Elites Ate the Social Justice Movement, by Fredrick DeBoer. Join us! Contact emichaelfaffarian@gmail.com.

Legal Notices

AMENDED TRUSTEE'S NOTICE OF SALE AFTER TERMINATION OF STAY The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following information is provided: 1. PARTIES: Grantor: DAVID C. SCHAUMBURG Trustee: WESTERN TITLE & ESCROW COMPANY Successor Trustee: NANCY K. CARY Beneficiary: SELCO COMMUNITY CREDIT UNION FKA SELCO CREDIT UNION 2. RECORDING. The Trust Deed was recorded as follows: Date Recorded: October 28, 2002 Recording No. 2002-083399 Official Records of Lane County, Oregon 3. DESCRIPTION OF PROPERTY: The real property is described as follows: Lot 25, RIVER GLEN, as platted and recorded in File 75, Slides 223 through 227, inclusive, Lane County Oregon Plat Records, in Lane County, Oregon 4. DEFAULT. The Grantor

or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: The Entire Principal Balance due July 18, 2024; plus advances; plus any unpaid real property taxes, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$10,475.57; plus advances and foreclosure attorney fees and costs. 6. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. The Notice of Default and original Notice of Sale stated that the sale would be held on January 30, 2025, at 11:00 a.m., at the Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401. The original sale proceedings were stayed by order of the Bankruptcy Court and the stay was terminated by order entered October 16, 2024, and effective on October 16, 2024. 7. TIME OF SALE. Date: March 20, 2025 Time: 11:00 a.m. Place: Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401 8. RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time prior to five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or rust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778. NOTICE REGARDING POTENTIAL HAZARDS Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamine, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to http://www.oregonlawhelp.org. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 DATED: October 22, 2024. Nancy K. Cary, Successor Trustee HERSHNER HUNTER, LLP P.O. Box 1475 Eugene, OR 97440 (TS #18316.30094) FAIR DEBT COLLECTION PRACTICES ACT NOTICE This communication is from a debt collector.

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Matthew Lowes is the author of *That Which is Before You*, *When You are Silent It Speaks*, *A Billion Fingers Point at the Moon*, and *Lighting the Sacred Fire*. On his own path, he practiced martial arts for over 30 years, and devoted a good part of his adult life to learning the craft of writing fiction. Visit MatthewLowes.com for more on his work.

The Center is located at 5440 Saratoga Street (Eugene). For more information, call (541) 345-0102 or visit CenterforSacredSciences.org.

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Estate of Albert Axson Lidyard NOTICE TO INTERESTED PERSONS Case 24PB11335 Notice: The Circuit Court of the State of Oregon, for the County of LANE has appointed the undersigned as Personal Representative of the Estate of ALBERT AXSON LIDYARD, deceased. All persons having claims against said estate are required to present the same, with proper vouchers to the undersigned personal representative in care of the undersigned attorney at: 294 Warner Milne Rd. #A, Oregon City, OR 97045 within four (4) months from the date of first publication of this notice as stated below, or they may be barred. All persons whose rights may be affected by this proceeding may obtain additional information from the records of the court, the Personal Representative, or the Attorney for the Personal Representative. Dated and first published January 30th, 2025. Personal Representative: Grant Yoakum. Attorney for Personal Representative: Grant Yoakum, OSB #921600 294 Warner Milne Rd. #A, Oregon City, OR 97045 (503) 697-1009

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Juvenile Department In the Matter of AURORA LAYLIANNA DELATORRE, A Child. TO: Khamphoui Boutdavong, aka Kham Ray 5116 D St., Springfield, OR 97478 Case No. 24JU04600 PUBLISHED SUMMONS IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child under ORS 419B.500, 419B.502, 419B.504, 419B.506 and/or 419B.508 for the purpose of placing the child for adoption. YOU ARE REQUIRED TO PERSONALLY APPEAR before the Lane County Circuit Court, 2727 Martin Luther King Jr. Blvd., Eugene, OR 97401, on April 3, 2025, at 10:00 A.M. for a hearing on the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY in the courtroom on the date and at the time listed above. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated January 2, 2025. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: January 16, 2025. Date of last publication: January 30, 2025 NOTICE READ THESE PAPERS CAREFULLY If you do not appear personally before the court as directed above, then you must appear on April 17, 2025, at 10:00 A.M., at the same address listed above. IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named child either on the dates specified in this summons or on a future date and may make such orders and take such action as authorized by law RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible to represent you in this proceeding. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane County Circuit Court at 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401, or phone number (541) 682-4020 between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personal-

ly. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE under ORS 419B.918 to appear by other means including, but not limited to, telephonic or other electronic means. An attorney may not attend the hearing(s) in your place. PETITIONER'S ATTORNEY Samantha R. Iannucci Assistant Attorney General Department of Justice 975 Oak Street, Ste. 200 Eugene, OR 97401 541-686-7973 ISSUED this 6th day of January, 2025. Issued by: Samantha R. Iannucci, OSB #180644 Assistant Attorney General

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Juvenile Department In the Matter of AURORA LAYLIANNA DELATORRE, A Child. Case No. 23JU03303-01/-02 PUBLISHED SUMMONS TO: Tiffany Christine Peck 3565 Kinsrow Ave. #204 Eugene, OR 97401 IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to enter a judgment determining that Khamphoui Boutdavong, aka Kham Ray, is the legal and biological father of the above-named child. YOU ARE DIRECTED TO FILE A WRITTEN ANSWER to the petition NO LATER THAN 30 DAYS AFTER THE DATE OF LAST PUBLICATION OF THIS SUMMONS, consenting to or objecting to the entry of a judgment of parentage determining that Khamphoui Boutdavong, aka Kham Ray, is the legal and biological father of the above-named child and informing the court of your current residence address, mailing address and telephone number. YOUR ANSWER SHOULD BE MAILED TO Lane County Courthouse, 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401. You are further directed to appear at any subsequent court-ordered hearing. AN ATTORNEY MAY NOT ATTEND ANY COURT-ORDERED HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated January 2, 2025. The order directs that this summons be published once each week for four consecutive weeks, making four publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: January 16, 2025 Date of last publication: February 6, 2025 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT FILE A WRITTEN ANSWER AS DIRECTED ABOVE, OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and enter a judgment of parentage to the above-named child either on the date an answer is required by this summons or on a future date and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible to represent you in this proceeding. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane County Circuit Court at 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401, or phone number (541) 682-4020 between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personal-

ly. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE under ORS 419B.918 to appear by other means including, but not limited to, telephonic or other electronic means. An attorney may not attend the hearing(s) in your place. PETITIONER'S ATTORNEY Samantha R. Iannucci Assistant Attorney General Department of Justice 975 Oak Street, Ste. 200 Eugene, OR 97401 (541) 686-7973 ISSUED this 6th day of January, 2025. Issued by: Samantha R. Iannucci, OSB #180644 Assistant Attorney General

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Juvenile Department In the Matter of Case No. 24JU04599 AURORA LAYLIANNA DELATORRE, PUBLISHED SUMMONS A Child. TO: Tiffany Christine Peck 3565 Kinsrow Ave. #204, Eugene, OR 97401 IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child under ORS 419B.500, 419B.502, 419B.504, 419B.506 and/or 419B.508 for the purpose of placing the child for adoption. YOU ARE REQUIRED TO PERSONALLY APPEAR before the Lane County Circuit Court, 2727 Martin Luther King Jr. Blvd., Eugene, OR 97401, on April 3, 2025, at 10:00 A.M. for a hearing on the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY in the courtroom on the date and at the time listed above. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated January 2, 2025. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: January 16, 2025. Date of last publication: January 30, 2025 NOTICE READ THESE PAPERS CAREFULLY If you do not appear personally before the court as directed above, then you must appear on April 17, 2025, at 10:00 A.M., at the same address listed above. IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named child either on the dates specified in this summons or on a future date and may make such orders and take such action as authorized by law RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible to represent you in this proceeding. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane County Circuit Court at 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401, or phone number (541) 682-4020 between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personal-

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CCB # 1330B

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Juvenile Department. In the Matter of AHRIELLA DAWN RAE HENRY, A Child. Case No. 24JU04345 PUBLISHED SUMMONS TO: Ashlee Dawn Henry 39922 McKenzie Hwy Springfield, OR 97478 IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to terminate your parental rights to the above-named child under ORS 419B.500, 419B.502, 419B.504, 419B.506 and/or 419B.508 for the purpose of placing the child for adoption. YOU ARE REQUIRED TO PERSONALLY APPEAR before the Lane County Circuit Court, 2727 Martin Luther King Jr. Blvd., Eugene OR 97401, on March 6, 2025, at 10:00 a.m. for a hearing on the allegations of the petition and to personally appear at any subsequent court-ordered hearing. YOU MUST APPEAR PERSONALLY in the courtroom on the date and at the time listed above. AN ATTORNEY MAY NOT ATTEND THE

HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. If you do not appear personally before the court as directed above, then you must appear on March 20, 2025, at 10:00 a.m. at the same address listed above. If you fail to appear for both of these dates or do not appear at any subsequent court-ordered hearing, the court may proceed in your absence and without further notice TO TERMINATE YOUR PARENTAL RIGHTS to the above-named child either on the date specified in THIS SUMMONS OR ON A FUTURE DATE and may make such orders and take such action as authorized by law. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated January 6, 2025. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: January 23, 2025 Date of last publication: February 6, 2025 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT OR DO NOT APPEAR AT ANY

SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named child either on the date specified in this summons or on a future date and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible to represent you in this proceeding. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU

MUST IMMEDIATELY CONTACT the Lane County Circuit Court at 2727 Martin Luther King Jr. Blvd., Eugene, OR 97401, phone number (541) 682-4700 between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE under ORS 419B.918 to appear by other means including, but not limited to, telephonic or other electronic means. An attorney may not attend the hearing(s) in your place. PETITIONER'S ATTORNEY Brentley S. Foster, OSB# 020172 Senior Assistant Attorney General Oregon Department of Justice 975 Oak Street, Suite 200 Eugene, OR 97401 (541) 686-7973 ISSUED this 8th day of January 2025. Issued by: Brentley S. Foster, OSB# 020172 Senior Assistant Attorney General

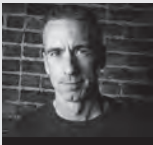
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Juvenile Department. In the Matter of AURORA LAYLIANNA DELATORRE, A Child. Case No. 23JU03303-01/-02 PUBLISHED SUMMONS TO: Khamphoui Boutdavong, aka Kham Ray 5116 D Street Springfield, OR 97478 IN THE NAME OF THE STATE OF OREGON: A petition has been filed asking the court to enter a judgment determining that Khamphoui Boutdavong, aka Kham Ray, is the legal and biological father of the above-named child and informing the court of your current residence address, mailing address and telephone number. YOUR ANSWER SHOULD BE MAILED TO Lane County Courthouse, 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401. You are further directed to appear at any subsequent court-ordered hearing. AN ATTORNEY MAY NOT ATTEND ANY COURT-ORDERED HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated January 2, 2025. The order directs that this summons be published once each week for four consecutive weeks, making four publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: January 16, 2025 Date of last publication: February 6, 2025 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT FILE A WRITTEN ANSWER AS DIRECTED ABOVE, OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may

proceed in your absence without further notice and enter a judgment of parentage to the above-named child either on the date an answer is required by this summons or on a future date and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible to represent you in this proceeding. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane County Circuit Court at 2727 Martin Luther King Jr. Boulevard, Eugene, OR, 97401, or phone number (541) 682-4020 between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE under ORS 419B.918 to appear by other means including, but not limited to, telephonic or other electronic means. An attorney may not attend the hearing(s) in your place. PETITIONER'S ATTORNEY Samantha R. Iannucci Assistant Attorney General Department of Justice 975 Oak Street, Ste. 200 Eugene, OR 97401 (541) 686-7973 ISSUED this 6th day of January, 2025. Issued by: Samantha R. Iannucci, OSB #180644 Assistant Attorney General

In the Circuit Court of the State of Oregon for the County of Lane, In the Matter of the Estate of Raymond Jesse Barnhart, Deceased, Case No. 25PB00171. Notice is hereby given that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at Dawn Mehler, c/o Schulz Anderson LLC, 2451 Willamette Street, Eugene, Oregon 97405, within four months after the date of first publication, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the lawyer for the personal representative,

Adam R. Schulz, Schulz Anderson LLC, 2451 Willamette Street, Eugene, Oregon 97405. Dated and first published on January 30th, 2025. Dawn Mehler, Personal Representative

TRUSTEE'S NOTICE OF SALE The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following information is provided: 1. PARTIES: Grantor: CAROLYN R. BROWN, AS TO AN UNDIVIDED ONE-HALF INTEREST AND STEPHEN W. BROWN, AS TO AN UNDIVIDED ONE-HALF INTEREST Trustee: WESTERN TITLE Successor Trustee: NANCY K. CARY Beneficiary: NORTHWEST COMMUNITY CREDIT UNION 2. DESCRIPTION OF PROPERTY: The real property is described as follows: Beginning at the intersection of the East boundary of the Old County Road located on the East side of the right of way of the Oregon California Railroad Company and the South line of the property described in that certain deed recorded in Book 242, Page 9, Lane County Oregon Deed Records; thence East 467 feet; thence North 155 feet; thence West 467 feet to the East boundary of said Old County Road; and thence South 155 feet to the place of beginning, all being located in Section 23, Township 19 South, Range 3 West of the Willamette Meridian, in Lane County, Oregon. 3. RECORDING. The Trust Deed was recorded as follows: Date Recorded: December 27, 2012 Recording No. 2012-066270 Official Records of Lane County, Oregon 4. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Monthly payments in the amount of \$408.00 each, due the fifteenth of each month, for the months of July 2024 through October 2024; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$29,807.70; plus interest at the rate of 8.240% per annum from June 15, 2024; plus late charges of \$61.20; plus advances and foreclosure attorney fees and costs. 6. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. 7. TIME OF SALE. Date: March 20, 2025 Time: 11:00 a.m. Place: Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401 8. RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778. NOTICE REGARDING POTENTIAL HAZARDS (This notice is required for notices of sale sent on or after January 1, 2015.) Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to http://www.oregonlawhelp.org. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #30254.30242). DATED: October 22, 2024. Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440.



SAVAGE Love

BY DAN SAVAGE

I'm a middle-aged gay man who has been out for 20 years. I have an awesome boyfriend with whom I have an open relationship. Supportive parents and family. Now, a couple months ago, a gay mate of mine messages me on Grindr asking if I'm in town because he saw seen [sic] my profile online. I say no because I'm about 1,500 miles away, but then my friend sends me another message telling me someone is apparently using my pic on Grindr to catfish, and he sends me a screen shot of the Grindr account. It's not a picture of me. It's a picture of my twin brother, who is married to a woman and has three kids. He's always been incredibly supportive, just like you imagine a twin would be, but we've never talked about him being bi or gay, so this was a bit of a surprise for me, even if it's an easy leap based on how supportive he's been of me.

So, given that he hasn't said anything to me, I'm wondering what to do. Is he cheating on his wife? Is he gay? Is his marriage a sham? Is he bi and only out to his wife and has her consent to meet up with guys? Do I ask him what's going on? If he's not ready to tell me — and we share a lot — then how do I support him? He clearly knows I'm fine with his sexuality but knowing and not saying anything is proving hard since I can't unknow it! What should I do here?

— Outing Unwitting Twin Sibling

I'm gonna take your questions — you packed a lot of them into that last paragraph — one at a time:

1. Is your brother cheating on his wife? He could be!
2. Is your brother gay? He could be!
3. Is your brother's marriage a sham? It could be!
4. Is your brother bi? He could be!
5. Does your brother have his wife's consent to fuck around with other guys? He could!
6. Do you ask your brother what's going on? You should!

If you and your brother were estranged, OUTS, or if your brother was a ranting, raving homophobe and you had cause to fear a violent reaction, I would advise you against asking the dread direct question. But seeing as you two have a good relationship, and seeing as we aren't required to internalize or mirror other people's shame about being gay (it's a question, not an insult), I think you should tell your

brother a friend spotted him on Grindr and ask him what's up.

Zooming out for a second: Posting face pics on Grindr is a little like walking into a gay bar. Guys who are already in the bar are gonna think you're gay when they see you walk in. And since we can't know before walking in whether guys we know from school or work or the womb we once shared (!!!) are already in there, to walk into a gay bar is to out yourself. Same goes for posting face pics to Grindr: If someone you know from school or work or womb (!!!) sees your face pics on Grindr, he's gonna think you're gay or bi or one of those straight men into dicks but not dudes.

The fact that you and your brother share the exact same DNA — and hence the exact same face — gives you more grounds to ask the dread direct question. I'm guessing it's not a problem when your face appears on Grindr, as you're in an open relationship and presumably allowed to post face (and other) pics to hookup apps, but the gay world is small. It was inevitable that someone you knew would see your brother's photos on Grindr and assume they were yours and it would get back to you. If your brother didn't know that before he uploaded photos of the face you share to Grindr, he's about to find out.

P.S. This could still be a catfishing situation — someone could've swiped photos of your brother off his social media accounts — but Occam's razor slices toward your brother getting on Grindr for the same reason the friend who spotted him was on Grindr: for the dick. It's also possible your brother came out to his wife as bisexual after they married — it's possible he didn't realize he was bi until after they married — and his wife agreed to him hooking up with other guys on the condition that no one else (you included) would know their marriage wasn't monogamous. Or your brother and his wife could be in one of those “lavender marriages” that Gen Z — frustrated with modern dating and modern housing prices — are bringing back into style. Anything is possible.

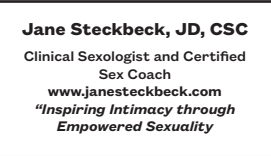
P.P.S. There are straight men on Grindr looking for trans women who haven't had bottom surgery; those guys are into dick but not dude. There are a smaller number of straight men on Grindr looking for trans men who haven't had bottom surgery; those guys are into pussy and willing to overlook dude. So, not all guys on Grindr are gay or bisexual. Straight men on Grindr can be problematic — it's not OK to fetishize the bodies of trans women or mentally disassemble the bodies of trans men — but they're still straight. Or so I'm told.

Got problems? Yes, you do! Email your question for the column to mailbox@savage.love! Or record your question for the *Savage Lovecast* at savage.love/askdan! Podcasts, columns, merch and more at Savage.Love!

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COMPLETE THE LOOP. Build a South Bank bike path and connect Frohnmayer bridge to Knickerbocker bridge. Contact Mayor Kaarin.

TRUSTEE'S NOTICE OF SALE The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following information is provided: 1. PARTIES: Grantor: RICHARD P. LUSK Trustee: WESTERN TITLE & ESCROW COMPANY Successor Trustee: NANCY K. GARY Beneficiary: SELCO COMMUNITY CREDIT UNION 2. DESCRIPTION OF PROPERTY: The real property is described as follows: Lot 49, MCKENZIE HILLS, as platted and recorded in File 72, Slides 19, 20 and 21, Lane County Oregon Plat Records, in Lane County, Oregon 3. RECORDING. The Trust Deed was recorded as follows: Date Recorded: August 30, 2019 Recording No. 2019-037844 Official Records of Lane County, Oregon. LOAN NO. ONE: 4. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Monthly payments in the amount of \$1,719.56 each, due the first of each month, for the months of June 2024 through October 2024; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$219,741.90; plus interest at the rate of 3.625% per annum from May 1, 2024; plus late charges of \$277.05; plus advances and foreclosure attorney fees

and costs. LOAN NO. TWO: 6. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Monthly payments in the amount of \$249.69 each, due the twenty-fifth (25) of each month, for the months of June 2024 through October 2024; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 7. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$24,319.83; plus interest at the rate 8.250% per annum from May 25, 2024; plus late charges of \$62.40; plus advances and foreclosure attorney fees and costs. 8. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. 9. TIME OF SALE. Date: March 27, 2025 Time: 11:00 a.m. Place: Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401 10. RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any

other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778. NOTICE REGARDING POTENTIAL HAZARDS (This notice is required for notices of sale sent on or after January 1, 2015.) Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to <http://www.oregonlawhelp.org>. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #18316.30167). DATED: November 5, 2024. Nancy K. Cary, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440.

FREE WILL Astrology

BY ROB BREZSNY

ARIES (March 21-April 19): In medieval Europe, beekeepers made formal reports to their hives of significant events in the human world, like births, deaths, marriages and departures. They believed the bees needed to be continually informed so as to ensure robust honey production. The practice was called "telling the bees." Let's make this an inspiring story for you in the coming weeks, Aries. I invite you to keep your community fully apprised of what's happening in your life. Proceed on the assumption that sharing your plans and changes with others will generate harmony and support. Like the beekeepers, you may discover that keeping your community in the loop will strengthen your bonds and sweeten your endeavors.

TAURUS (April 20-May 20): A regular guy named Jesse Ronnebaum bought an old painting at a yard sale for 50 cents. For the next 10 years, it hung on the wall in his living room. Then he noticed a dim inscription on the painting that suggested maybe it was more valuable than he realized. Consulting an art dealer, he discovered it was an unusual composition that featured the work of seven prominent artists — and was worth a lot of money. Ronnebaum said, "Years of struggling, barely making bills, and the whole time there's \$50,000 hanging over my head, literally." I am predicting metaphorically comparable events unfolding in your life during the coming months, Taurus. Hidden value will no longer be hidden. You will potentize neglected sources of wealth and finally recognize subtle treasures.

GEMINI (May 21-June 20): In Namibia's arid grasslands, fairy circles periodically emerge. They are highly regular rings of bare land encompassed by vegetation. What causes them? Supernatural entities, as believed by the local people? Sand termites or hydrogen-loving microbes, according to a few scientists? As yet, no definitive explanation has emerged. I love that! I cherish mysteries that thwart attempts at rational explanation. In accordance with astrological omens, Gemini, I invite you to specialize in tantalizing and unsolvable enigmas in the coming weeks. Your soul needs rich doses of provocative riddles, mysterious truths, and fun puzzles. Exult in the liberating declaration, "I don't know!"

CANCER (June 21-July 22): Wherever you wander, be alert for signals that remind you of who you used to be. This will stimulate your creative speculation about who you want to evolve into during the next few years. As you ruminate about your history, you will get inspirations about who you want to become. The past will speak vividly, in ways that hint at your best possible future. So welcome clues from people who are no longer alive. Be receptive to old allies and influences that are no longer a central part of your world.

LEO (July 23-Aug. 22): "Crown shyness" is a phenomenon seen among some trees like lodgepole pines. In forests, they grow big and strong and tall, yet avoid touching each other at their tops. This creates canopies full of pronounced gaps. What causes this curious phenomenon? First, if branches don't brush up against each other, harmful insects find it harder to spread from tree to tree. Second, when winds blow, branches are less likely to collide with each other and cause damage. There's a third benefit: More sunlight penetrates to the forest floor, nourishing animals and other plants. I propose that you adopt crown shyness as a metaphor for your use, Leo. Express your beauty to the max — be bold and vivid and radiant — but also provide plenty of space for your allies to shine. Be your authentically amazing self, but create boundaries that allow others to be their amazing selves.

VIRGO (Aug. 23-Sept. 22): Some astrologers assert that you Virgos suffer from an ambition deficit. They authoritatively assert that a fiery aspiration to achieve greatness never burns hot within you. But in the coming months, I will work to show you a different perspective. Let's start now: Many of you Virgos are highly skilled at being self-sufficient. But sometimes this natural strength warps into a hesitancy to ask for help and support. And that can diminish your ability to fulfill your ambitions. My goal will be to celebrate and nurture your self-sufficiency even as I coach you to be dynamic about gathering all the assistance you can.

LIBRA (Sept. 23-Oct. 22): Life is not fair. In the coming days, you will have odd proof of this fact. That's because you are likely to be the beneficiary of uncommon luck. The only kind of karma that will be operating in your vicinity will be good karma. X-factors and wild cards will be more available to you than usual. Your timing will be impeccable, and your intuition will be extra incisive. You may even be tempted to theorize that life is conspiring to bring you an extra supply of meaningful experiences. Here's the clincher: If anyone in your sphere is prone to feeling envy because you're flourishing, your charm will defuse it.

SCORPIO (Oct. 23-Nov. 21): Here are three questions to ruminate on: 1. What resources are you afraid you will run out of or squander? 2. What if your fear of running out or squandering these resources obstructs your ability to understand what you need to know and do so that you won't run out or squander them? 3. How can you dissolve the fear and feel confident that the necessary resources will keep steadily flowing in, and you will use them well?

SAGITTARIUS (Nov. 22-Dec. 21): Most stars have at least one companion star, sometimes two. Our sun, which is all alone, is in the minority. Astronomers have found evidence that our home star once had a companion but lost it. Is there any chance of this situation changing in the future? Might our sun eventually link up with a new compatriot? It's not likely. But in contrast to our sun's fate, I suspect that 2025 will offer you a significant diminishment in your personal loneliness quotient. If you crave more camaraderie and togetherness, the coming months will be a favorable time to seek them out. Your meditation question: What's the opposite of loneliness?

CAPRICORN (Dec. 22-Jan. 19): In the coming weeks, your authenticity will be your greatest strength. The more genuine and honest you are, the more life will reward you. Be alert for situations that may seem to demand camouflage when in fact they will ultimately reward your complete transparency. You will be most powerful and attractive as you allow yourself to be fully seen. You can even use your vulnerability to your advantage. Be openly, clearly, unabashedly yourself.

AQUARIUS (Jan. 20-Feb. 18): As I envision your life in the coming weeks, I am moved to compare you to certain birds. First, there will be similarities between you and the many species that can literally perceive Earth's magnetic fields, seeing them as patterns of shadow and light overlaid on their regular vision. You, too, will have an uncanny multi-dimensional awareness that helps guide your travels. Secondly, Aquarius, you will be like the migrating songbirds that recalibrate their internal compass every day when the sun sets. In other words, you will make steady efforts to ensure that your magical ways of knowing are grounded in earthy rhythms.

PISCES (Feb. 19-March 20): In some Polynesian cultures, there is a belief that one's mistakes, including excessive anger, can cause physical sickness. Hawaiians traditionally have employed a ritual remedy for such ills called ho'oponopono. It includes acts of atonement, forgiveness and correction. It may even involve a prayer conference where all the people involved talk about their mutual problems with respect and compassion, seeking solutions and restitution. The coming weeks will be a fantastically favorable time for you to carry out your own version of ho'oponopono, Pisces.

Homework: Make two promises to yourself: one that's easy to keep and one at the edge of your capacity to fulfill. Newsletter.FreeWillAstrology.com

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Jonesin' Crossword

BY MATT JONES

"1, 2, 3, 4"—see the first words of the starred clues' answers.

Across

- Across
1. Sioux Falls st.
5. Buddy
8. Sailboat pole
12. Winery city in California's Inland Empire
14. Scottish inlets
16. "Yeah, that makes sense"
17. Cat or goat breed
18. "Children of the Albatross" author Anaïs
19. "Officially kick off, like a host country's leader at the Olympics
21. Lump of goo
23. The E of QED
24. ___ XING (road sign)
25. In a grave manner, on

Down

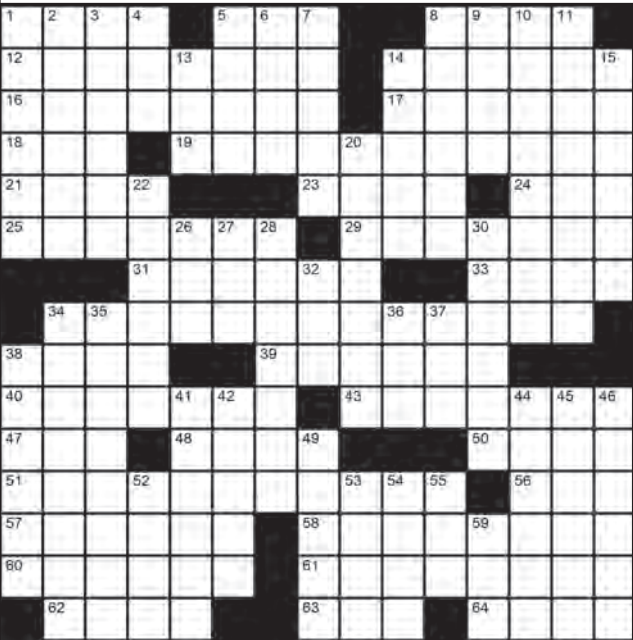
- Down
29. False pretense
31. 2024 character that got Ariana Grande her first Oscar nomination
33. "By gosh!"
34. "2001" subtitle
38. Queue before V
39. "Oh, come on!"
40. Actor Ricci of "28 Days Later" and "Vendetta"
43. Flaky Viennese pastry
47. Ram's mate
48. Bird's bill
50. On the level
51. "Portable storage devices
56. "___ Poetica"
57. How neglected things go
58. *1983 Matthew Broderick movie with the quote "The

- only winning move is not to play"
60. Covered with ice and rain
61. Netflix competition series hosted by Mikey Day
62. "Benevolent" fraternal order
63. Perceive
64. Ivan or Nicholas, e.g.

Down

- Down
1. Wasp wounds
2. Corrupt
3. "Für Elise" key signature
4. Beer barrel
5. Not watered-down
6. Actor Guinness
7. Big spoon
8. Former Secretary of Transportation Norman

9. 2012 Ben Affleck film
10. Obstruction
11. Like some weekends
13. Bovine mouthful
14. Somali-born Olympic gold medalist track athlete Mo
15. Made smooth, in a way
20. Places to play pinball
22. Rapper whose posthumous final album was 2000's "Yeeeah Baby"
26. Suffix after Motor or pay
27. [Not my mistake]
28. Low film rating
30. Close once more
32. Play-___ (modeling clay)
34. Comprehensively
35. Crumbly topping
36. "You ain't seen nothin' ___"
37. Kazakhstan, once
38. "Gone With the Wind" character Butler and "Good Mythical Morning" cohost McLaughlin, for two
41. Former Brooklyn field
42. Rough Riders nickname
44. Some Tony nominees
45. "I did it!"
46. Second-rate
49. Fuzzy fruits
52. Subservient
53. Bud holder
54. New York canal
55. "___ Pepper's Lonely Hearts Club Band"
59. "Hamlet" division



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January 30, 2025

Oregon Environmental Quality Commission puts

OREGON ON A CARBON EMISSIONS DIET

The Oregon Environmental Quality Commission approved the Climate Protection Program in November of 2024, after months of hearings and public comment. The program exists because of direction from the governor's office, after the legislature could not pass a climate bill. This is the second effort, after the first was invalidated by a court ruling in the wake of a lawsuit by fossil fuel companies.

The program keeps the goals:

- ☀ 50% reduction in emissions by 2035, and
 - ☀ 90% reduction by 2050
- starting baseline: 1990 emissions

The Commission assumes that emissions released by generating electricity will be reduced by the Coal to Clean measure passed by the legislature in 2016.

Covered entities are natural gas utilities, liquid fuel and propane suppliers, and large industrial emitters. The program places responsibility for industrial emissions (mostly from burning natural gas) with the emitters and not the gas utilities.

The measure does not cover emissions created by imported goods, nor does it cover biogenic emissions, such as those caused by burning farm waste, wood chips "cooked" to create paper products, or forest fires.

The Commission did include provisions favorable to emitters, including a larger threshold for fuel suppliers through 2028, which has the effect of delaying coverage for smaller emitters. And, the program's first compliance period, which began January 1, 2025, runs 3 years instead of the two year compliance periods that follow. The "green" lobby kept the original emissions timeline in the program, making annual reductions larger due to the shortened number of years to reach the goals.

It is a cap and trade approach, for the most part.

The Department of Environmental Quality (DEQ) requires annual emissions reports. Based on these reports, the DEQ issues "compliance instruments" (typically called emission allowances); one compliance instrument allows for emission of one metric ton of carbon dioxide pollution or equivalent.

In an approach similar to musical chairs, the DEQ will decrease the number of compliance instruments available, first in January 2028, and every two years thereafter

Firms may choose to:

- ☀ reduce their pollution to stay within their reduced number
- ☀ purchase the right to pollute from another covered firm, if that firm reduced pollution greater than required or
- ☀ meet up to 15% of the obligation by contributing funds to DEQ approved Oregon projects that reduce emissions

There are complex rules that allow firms to "bank" instruments, for example, and other details that make compliance more flexible.

Emitters of up to 15,000 metric tons per year are exempt. Firms that emit more than that, the equivalent of burning 1,680,000 gallons of gasoline per year, are subject to the program.

Legally, the approach is similar to that used by the Oregon Clean Fuels Program, in that funds spent by polluters to comply with the program do not go to the State; courts held that funds that do not go to the State are not taxes. This makes the program compliant with the Oregon constitutional requirement that fuel taxes go to fund road construction and repair only.

Since the program has minimal budgetary impact, additional legislation is not required. Because no legislation is required, the program is not subject to voter approval through referendum.

So, what's a metric ton anyway? 1000 kilograms

Let's consider gasoline. Gasoline weighs 6.3 pounds per gallon.

In the combustion process, the weight of the carbon dioxide added to the atmosphere is about three times the weight of the fuel; carbon emissions are 19.64 lbs. per gallon of gas*. 19.64 pounds is equivalent to 8.9 kilograms. 1000 divided by 8.9 is about 112. Therefore, a metric ton of carbon pollution is equivalent to the carbon pollution released by burning 112 gallons of gas.

*according to the US Energy Information Administration

Author Dan Mulholland is a volunteer with 350 Eugene Policy Committee.

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SCAN FOR TICKETS

MAY 1

JUN 13

AUG 1

AUG 20

SCAN FOR TICKETS

SATURDAY! FEB 1

2 SHOWS! FEB 26

FEB 16

MAR 13

OTHER EVENTS: 3/8 Charlie Berens • 3/15 Trevor Wallace • 3/18 Gareth Emery • 3/22 Sullivan King • 3/26 Jim Henson's Labyrinth In Concert • 3/28 Russell Howard • 4/4 Dirtwire • 4/25 Warren Haynes Band-on sale Fri! • 4/26 Jeremy Piven • 4/27 The Devil Wears Prada with Erra • 4/30 Flatland Cavalry • 5/3 Tom Green • 5/29 The Wallflowers • 6/4 Napalm Death & Melvins • All upcoming events at McDonaldTheatre.com

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